

Good eating habits outweigh diet fads

By Jennifer M. Sherwood
Registered Dietitian

ELLSWORTH AIR FORCE BASE, S.D. (ACCNS) — The latest diet fads, such as high-protein, low-carbohydrate diets, are the current rage, despite the fact that they began in the 1970s.

Diets like the Atkins, the Zone, Sugar Busters and Protein Power are gaining immense popularity. Why are these diets so popular?

Officials use buzzwords like “ketones” and claims such as “Lose all the weight while eating anything you want!” to lure people. But something seems to be missing from their books and speeches: research. The fads also lack the support of the scientific community, including the American Dietetic Association, the American Cancer Society and the American Heart Association.

Why don’t these diets work?

High-protein advocates say carbohydrates induce weight gain, increase fat storage and cause hunger. They also theorize that without excess carbohydrates the body will turn to its fat stores for fuel.

Unfortunately, these advocates rely on unpublished, poorly controlled research. Without this, the fads have little respect in the scientific community.

The body converts all calories to glucose regardless of whether those calories come from carbohydrates or protein. The calories not used for energy are stored as fat. It’s your overall caloric intake, not carbohydrates, that causes weight gain.

You need to be careful because foods high in protein, such as beef, are also high in saturated fat, which may increase the blood-cholesterol levels if consumed in excess.

Why are people losing weight on these diets?

The initial weight loss may be because dieters decrease their total calories and become dehydrated. While many people experience weight loss, there’s little research demonstrating they keep it off long-term.

When the body relies almost entirely on stored fat for energy, large quantities of fatty acids appear in the liver, producing excess ketones the body can’t break down. This leads to an unhealthy increase in acidity in body fluids.

High-protein proponents claim ketones are beneficial to the body, acting as a preferable source of energy for the brain. These claims aren’t based on scientific research. In fact, glucose is the preferred source of energy for the brain.

Too much protein can have harmful side effects. Kidney function decreases with age, which leads to a decreased ability to handle excess protein waste products. Chronic protein overuse may contribute to this decrease in function. The body only uses a certain amount of protein, leaving the rest to waste.

Our bodies can’t metabolize nitrogen, which is one of the components of protein. Because the body disposes of nitrogen through urine, too much protein stresses the kidneys and may cause kidney stones and dehydration.

The key to weight loss is variety and balance. It must include a life change of healthful eating and exercise. The scientific community recommends the following tips for weight loss:

* Don’t go lower than 1,200 calories a day.

* Eat a variety of foods to prevent a nutrient deficiency.

* Provide a negative caloric balance (exertion minus intake) of no more than 500 to 1,000 calories. This will result in gradual weight loss.

* Have an exercise program that promotes a daily caloric expenditure of 300 or more calories.

* Use behavior-modification techniques to identify and eliminate diet habits that contribute to overeating.

There’s no easy way, no magic pill, when it comes to weight loss. Losing weight and keeping it off involve eating a variety of foods in moderation and exercising. People not only eat to get energy but also for emotional reasons, so learning to get pleasure from things other than food may also be necessary.

For more diet information, call the Health and Wellness Center at 782-4305.

West Winds golf course make improvements

By 1st Lt. Kelly Cahalan
8th Fighter Wing Public Affairs

Avid Kunsan golfers may have noticed some recent improvements on the golf course. Not in their games, but on the greens.

Stone markers at each hole and a pond with a new fountain now adorn the nine-hole West Winds Golf Course. These are the first of several planned improvements, said Don Toole, 8th Services Squadron golf facility manager.

In the works are plans to install two gazebos on the course as well as new rubber chip walking paths by spring’s end. Also planned is improved landscaping and adding practice putting areas at holes five and seven.

“We’re here to improve the quality of life of everyone at Kunsan,” Toole said. “Our mission is entertainment, not just golfing.”

Contrary to popular belief, the golf course and clubhouse just aren’t for golfers anymore.

The West Winds Clubhouse, completed last November, also features a full-service, contracted restaurant and bar, and gaming rooms. For those who want to challenge the course, it also has extensive locker facilities and an expanded pro-shop. The pro-shop is a duffer’s dream, carrying about \$75,000 worth of golf and athletic equipment.

“Since moving from the old club



Photo by 1st Lt. Kelly Cahalan, 8th FWIPA

The patio at the West Wind’s Golf Clubhouse looks over the new fountain near the ninth hole at the West Wind’s Golf Course.

house, we’ve expanded our pro-shop inventory by nearly 80 percent,” said Toole. “Golf equipment and clubs can also be rented in the pro-shop at a very reasonable price.”

The clubhouse was remodeled from the remains of the old Officer’s Club, which was nearly destroyed from a fire in 1994. At the time, the 8th SVS already had plans to construct a new building for a clubhouse.

The Korean Garden and Mulligan’s Pub serve a variety of American and Korean dishes and refreshments. According to the restaurant’s manager, So, Chae Il, the Korean Garden will deliver just about anywhere on-base and off-base to Rainbow Village and the Western Hotel near the Kunsan Airport.

Guests can dine inside by the fire-

place, in the dining room, or out on the large patio overlooking the course and the new fountain, according to So.

“Once the weather is warmer, the patio will be a very nice place to sit and relax,” he said.

The restaurant and pub are also recommended for all-rank group or office functions. Golfing is also a good option for group events, however reservations should be made two weeks in advance, said Toole.

The West Winds Golf Course is open Wednesdays through Mondays from 6:30 a.m. to dusk for golf. The Korean Gardens and Mulligan’s Pub are open everyday from 9 a.m. to 9 p.m. with delivery service between 10 a.m. to 9 p.m. On weekends, the delivery service is extended until 10 p.m.



American League

1. CES – 6-1
2. SFS – 6-1
3. SUPS – 5-2
4. CS – 2-4
5. SVS – 2-5
6. MDG – 2-5
7. MSS (B) – 1-6

National League

1. MXS – 8-0
2. TRANS – 6-2
3. CES (B) – 3-4
4. OSS – 3-4
5. ARMY – 3-5
6. CPTF – 3-5
7. 80th FS – 3-5
8. MSS (A) – 2-6

Game Schedule

American League

Monday
6 p.m.
CES (A) vs. MSS (B)
7 p.m.
CS vs. 35th FS
8 p.m.
SFS vs. SUPS
Wednesday
6 p.m.
SVS vs. 35th FS
7 p.m.
CES (A) vs. SUPS
8 p.m.
CS vs. SFS

National League

Tuesday
6 p.m.
80th FS vs. TRANS
7 p.m.
MXS vs. CPTF
8 p.m.
MSS (A) vs. ARMY
9 p.m.
CES (B) vs. OSS
Thursday
6 p.m.
TRANS vs. CPTF
7 p.m.
80th FS vs. ARMY
8 p.m.
MXS vs. OSS
9 p.m.
MSS (A) vs. CES (B)